Zyban/Nicotine Replacement Therapy (NRT) Information Brief

Branch Medical Clinic

Naval Station

Norfolk, VA

What is Zyban?

- A prescribed medication to help you quit using tobacco products
- Zyban reduces Nicotine withdrawal symptoms

Who should not take Zyban?

- Known seizure disorder
- Currently taking Wellbutrin, Wellbutrin -SR, or Bupropion HCL
- Allergic to Bupropion
- Have or had an eating disorder
- Currently taking a monoamine oxidase inhibitor (MAO)

Special Concerns for Women

- Zyban is not recommended for women who are pregnant or breast feeding
- Women should notify their doctor if they become pregnant while taking Zyban or intend to become pregnant
- Women should not use tobacco while pregnant; therefore NRT is also not recommended.

How to take Zyban

- Take ONE Zyban on day #1, day #2 and on day #3.
- Beginning on day #4, take ONE Zyban in the morning (i.e. 06-0700) and ONE Zyban in the afternoon (i.e. 1400-1500)
- Doses should be taken at least 8 hours apart
- The afternoon dose should be taken at least 6-8 hours before bedtime
- Swallow tablets whole, DO NOT crush, chew, or split tablets

Never take an “extra” dose

- If you forget a dose, skip it and take the next scheduled dose on time
- DO NOT DOUBLE DOSE!
- Doubling the dose increases your chance of having serious side effects

How long do I take Zyban?

- Most people will stay on Zyban for 7-12 weeks

When should I stop using Tobacco?

- It takes about 1-week for Zyban to reach the right level in your body.

- You should stop using tobacco on your designated “Quit Date” which is 7-10 days after starting Zyban

May I smoke while taking Zyban?

- It is not physically dangerous to continue to use tobacco and take Zyban; however, continuing to do so after your quit date will significantly reduce your chance of breaking the habit

Can Zyban and Nicotine patches be used together?

- Yes, but this must be approved by your healthcare provider beforehand.

- DO NOT USE TOBACCO AT ANY TIME IF YOU ARE USING NICOTINE PATCHES

  - it is possible to get too much nicotine and have serious side effects

Possible side effects of Zyban

- Most common: Dry mouth and difficulty sleeping
- Stop Zyban and seek medical attention if you develop: Shakiness, skin rash, hives, difficulty breathing, or other troublesome side effects
- Blood pressure must be monitored

Can I drink alcohol while on Zyban?

- It is best not to drink alcohol at all or to drink very little while taking Zyban (very little = 1 beer or 1 glass of wine/day)
- You CAN NOT hoard alcoholic beverages
- Skipping Zyban doses DOES NOT allow you to have more than 1 drink/day

Will Zyban effect other medicines?

- Zyban may effect other medicines you are taking.
- ALL medications you take should be discussed with either the Health Promotion staff, a pharmacist or a physician

Zyban may NOT be taken with the following Medicines

- Anti-seizure medications
  - (e.g. Dilantin, Phenobarbital, Tegretol)
- Cough and cold remedies
- Tagamet (Cimetidine)
- Street drugs
- Valium-like medications
- Other medication that contain Zyban

Zyban may NOT be taken with the following Herbal/Dietary Supplements

- Herbals
  - (e.g. Ma Huang, Gingko, Ginseng, Yohimbine, St. John's Wort)
- Dietary Supplements
  - Metabolife/Metabolift
  - Creatine
  - Any supplement containing Ephedrine
  - Ripped Fuel

Dietary Supplements that are safe to take with Zyban

- Pure Amino Acids
- Pure glucosamines
- Pure vitamins

What is NRT ?

- Nicotine Replacement Therapy (NRT) is a non-prescription medication which gradually decreases the amount of Nicotine you receive.
- You CAN NOT use tobacco products while on NRT
- Examples of frequently used NRT: Nicoderm-CQ patches & Nicorette gum

Nicoderm CQ Patches

- Available in 21, 14, and 7mg/day
- The dose depends on the amount of tobacco you currently use
- You CAN NOT use tobacco while using the patch

How to use Nicoderm CQ Patches

- Apply once daily to a non-hairy, clean, dry skin area on the upper body or upper outer arm
- Rotate sites
  - skin sites should not be reused for at least 1 week
- Nightly remove patch and apply new patch in the morning
- NEVER apply more than one patch at a time
- Dispose of patches properly
  - keep them away from children and pets

Nicorette Gum

- Available in 2 or 4 mg. Dose is dependent upon current tobacco use
- Augment Nicorette gum with regular chewing gum
- You CAN NOT use Nicorette gum and tobacco products

How to use Nicorette Gum

- "Bite-Park-Bite" Rotation Method
  1. Bite one piece of gum slowly until a peppery taste or tingling occurs
  2. When the tingling begins, Park gum by placing it between the upper and lower cheek and gums
  3. When peppery taste fades, retrieve gum, Bite , and repeat process

Obtaining Additional RX

- Must attend all 4 Tobacco Cessation Classes to qualify for additional Rx
- Call 445-1443 on Wed prior to 1400 for pick-up on Friday between 09-1100 in the Health Promotion Office (CEP-58)